

STATUS UPDATE #1: March 15, 2020

Throughout the Navy Region Southwest areas of responsibility, local response to the threat of COVID-19 is growing. Navy Region Southwest is working closely with our partners in public health departments throughout California and Nevada, and following all guidance from the Department of Defense (DoD), and the Centers for Disease Control and Prevention (CDC) to protect Navy personnel, and visitors to our installations.

The health and well-being of our personnel and their families remains our top priority, so Commander, Navy Region Southwest (NRSW) directed implementation of the following additional measures in the San Diego metro area on March 14, 2020, to protect the Fleet, our Sailors, civilians and contractors and their families. At the direction of U.S. Fleet Forces and NAVNORTH, these measures were expanded to all Navy Region Southwest installations on March 15, 2020.

Effective immediately:

- Installation Commanders will continue no-touch ID scanning at all entry control points. Personnel are required to present both sides of their ID/credential for screening by a guard.
- At the Installation Commander's discretion, emergency operating centers may be activated to support COVID-19 response and coordination with agency and community partners.
- Visitor Control Center personnel will utilize the health questionnaire to screen all personnel seeking access to installations or facilities.
- Those installations with air terminals will begin screening utilizing questionnaires of all personnel embarking/disembarking flights. They will liaise with installation medical clinics to determine procedures for personnel identified for more comprehensive screening as a result of the initial screening.
- Personnel reporting will be screened upon arrival as a routine precaution.
- NRSW and Installations will provide or coordinate cleaning products and/or hand sanitizer for high-traffic facilities and common areas on base.
- NRSW and Installations will review increased frequency of janitorial services at certain facilities and will implement in a scalable manner.
- Military Medical Treatment Facilities will develop plans for single points of entry, prescreening procedures and evaluate impacts to mission, as well as keep the installation apprised of important updates, advise and make recommendations as required.

- All Navy Command leadership should assess the risk of and make appropriate decisions on any ship or facility tours, large events or mass gatherings based on nature of the event and value to mission.
- All Navy Commands should identify areas where employees may be initially isolated if they develop symptoms at work. Those employees should then be sent home or to a medical treatment facility as appropriate.
- All Navy Commands should ensure all personnel diagnosed or exposed to COVID-19 are isolated or quarantined in alignment with CDC and DoD guidance.
- All Navy Commands should review risk of and make appropriate decisions on travel for active duty, Navy civilian employees and contractors through the area or other areas affected by COVID-19 based on risk to the mission and workforce based on guidance from DoD. Use of virtual capabilities such as video and telephone conferencing is strongly encouraged. Personnel who reside in areas affected by COVID-19 should avoid public events and spaces to minimize exposure.
- All Navy Commands should encourage personnel who feel ill to stay home and educate the workforce on personnel policies that support employee decisions to stay home (such as annual or sick leave, or other weather and public safety leave provisions).
- All Navy Commands should continue sharing information to educate Navy personnel of current conditions and prudent precautions, such as:
 - Personnel who feel ill should stay home and self-isolate per CDC guidance. Personnel who feel they need medical treatment should notify medical care providers of their symptoms before visiting a treatment facility. Tricare beneficiaries can use the COVID-19 hotline at 1-800-TRICARE or www.mhsnurseadvice.com.
 - Personnel with family members at home sick with COVID-19 should immediately inform their supervisor.
 - Personnel with pre-existing health conditions are encouraged to discuss telework options with their chain of command to reduce their risk of exposure.
- All Navy Commands should coordinate with their Installation and Public Works to arrange for a deep-cleaning of any affected facilities in the event of a confirmed COVID-19 case.
- Personnel are asked to actively participate in regular cleaning of spaces and following CDC's recommended actions to prevent the spread of the virus.

Navy leadership and our Navy medical professionals will continue to monitor the situation. As the situation progresses, NRSW is postured to implement additional measures as needed in alignment with Dept. of Defense guidance and in coordination with state and local partners should there be an increase in risk to the Fleet, Fighter and

Family.

TRAVEL RESTRICTIONS

The Secretary of the Navy issued ALNAV 025/20, Vector 15 Force Health Protection Guidance for of the Navy (DON) and ALNAV 026/20, which provided COVID-19 guidance to all DON personnel and commands. The Navy issued NAVADMIN 064/20 which amplified overseas travel restrictions and NAVADMIN 065/20 which amplified United States and its Territories travel restrictions. These restrictions are necessary to preserve force readiness, limit the continuing spread of the virus, and preserve the health and welfare of Navy military members, Navy civilians, and their families, and the local communities in which we live.

- These orders will remain in effect until May 11, 2020.
- Navy military members and their families who have questions regarding COVID-19 guidance or entitlements associated with stop movement should contact the MyNavy Career Center (1-833-330-6622) or email AskMNCC@navy.mil. Detailers are ready to support all order modifications and commands should work with their placement officers.
- The Secretary of Defense has issued a stop movement as of 13 March 2020 for overseas travel to CDC Level 3 countries and 16 March 2020 for domestic travel, of all military and DoD civilian personnel, and dependents. Dependents are also restricted from accompanying on Permanent Change of Station (PCS) orders to CDC level 2 countries.
- Detaching and gaining commands have been directed to make every effort to contact affected members in route to/from their command and to advise them of the contents of the NAVADMIN. Members with questions regarding this stop movement or entitlements should contact the MyNavy Career Center (1-833-330-6622) or emailAskMNCC@navy.mil. Detailers are ready to support all order modifications and commands should work with their placement officers.
- General information on impacts to PCS orders will be put out on npc.navy.mil, or reach NPC on Facebook <https://www.facebook.com/navypersonnelcommand/>. Impacted Sailors within 60 days of their PCS are currently being contacted by their detailers. If a Sailor has not been contacted, they can access their detailer's

information by logging on to MyNavy Assignment, or by going to the NPC website (npc.navy.mil) and clicking the "contact your detailer" link in the top left hand corner, or by contacting the MyNavy Career Center (1-833-330-6622) or email AskMNCC@navy.mil. MNCC is open 24/7 and agents are standing by to connect Sailors with detailers.

- Service Members who travel or have traveled in the prior 14 days to or through a CDC COVID-19 Warning Level 3 or Alert Level 2 location will immediately notify their chain of command and be placed in a 14 day restriction of movement (ROM) status. Service Members will comply with Navy Component Commander guidance concerning pre- and post- travel medical screening and reception procedures to include ROM.

PRACTICAL TIPS

To reduce risk of infection and prevent the spread of COVID-19, assess and adjust your hygiene etiquette:

- Clean your hands – Use soap and water for 20 seconds, use hand sanitizer with minimum 60 percent alcohol.
- Cover your cough – Use your arm or tissue. If you use a tissue, immediately throw it in the trash.
- Confine yourself at home when sick.
- Crowd avoidance – Use discretion when travelling to impacted areas, urban areas, or large gatherings.

Avoid touching your eyes, nose, and mouth with unwashed hands; avoid close contact with people who are sick; and clean and disinfect frequently touched objects and surfaces.

If you are sick with COVID-19 or suspect you are infected with the virus that causes COVID-19, CDC recommends the following to prevent spreading the disease to others:

- Stay home except to get medical care, in which case call ahead to your medical provider before visiting
- Separate yourself from other people and animals in your home
- Call ahead before visiting a doctor
- Cover your coughs and sneezes
- Avoid sharing items with others
- Clean your hands often
- Clean all "high-touch" surfaces daily

- Monitor your symptoms

For symptoms such as moderate-to-severe difficulty breathing, severe chest pain, high fever or inability to hold down fluids, again, personnel should call (before visiting) their primary care manager immediately.

INFORMATION RESOURCES

- More practical CDC tips for work and home: <https://www.cdc.gov/nonpharmaceutical-interventions>
- CDC recommendations for cleaning and disinfecting: <https://www.cdc.gov/coronavirus/2019-ncov/community/home/cleaning-disinfection.html>
- CDC COVID-19 information: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- Military Health System: <https://health.mil/News/In-the-Spotlight/Coronavirus>
- Novel Coronavirus Outbreak 2020, Washington State Department of Health: <https://www.doh.wa.gov/Emergencies/Coronavirus>
- CDC Guidance for Travelers: <https://www.cdc.gov/coronavirus/2019-cov/travelers/index.html>
- California State Department of Health general call center: [1-916-558-1784](tel:1-916-558-1784)
- Nevada Division of Public and Behavioral Health: http://dpbh.nv.gov/Programs/OPHIE/dta/Hot_Topics/Coronavirus/
- Tricare Nurse Advice Line: [1-800-TRICARE \(874-2273\)](tel:1-800-TRICARE) or www.mhsnurseadvice.com

NAVY REGION SOUTHWEST EMPLOYEES

Along with following the practical tips above, supervisors and employees should be prepared to deal with this matter as they would when regular seasonal flu risks hit the workplace. Follow your command's sick call guidance and procedures. Those who are sick should stay home and see their health care provider as needed. To take care of yourself or a family member, leave authorization should follow timekeeping policy and processes. Where applicable and eligible, telework agreements should be reviewed and considered for mission continuity when and where necessary.

INSTALLATIONS AND COMMANDS

Southwest Navy Installations and commands will continue to communicate additional, specific guidance and efforts with their people through their respective communication channels.

FUTURE UPDATES

Monitor news resources and public health updates. Navy Region Southwest will continue to provide weekly (or more frequently if needed) Navy-specific updates for the Navy family on this web page and through the Navy Region Southwest [Facebook page](#).

This Southwest Navy information “hub” will include updates, handy information flyers for printing and posting like the example to the right, and links to additional information and resources from our public health partners.

Fact Sheets and Additional Resources:

*The following are being provided for convenience. For the most up-to-date factsheets and other communication resources, please visit [CDC's website](#).

[CDC COVID-19 - factsheet.pdf](#)

[CDC COVID-19 Symptoms.pdf](#)

[CDC Recommendations to Stop-the-Spread-of-Germs.pdf](#)

[CDC Keep Calm and Wash Your Hands.pdf](#)

[CDC workplace-school-and-home-guidance.pdf](#)